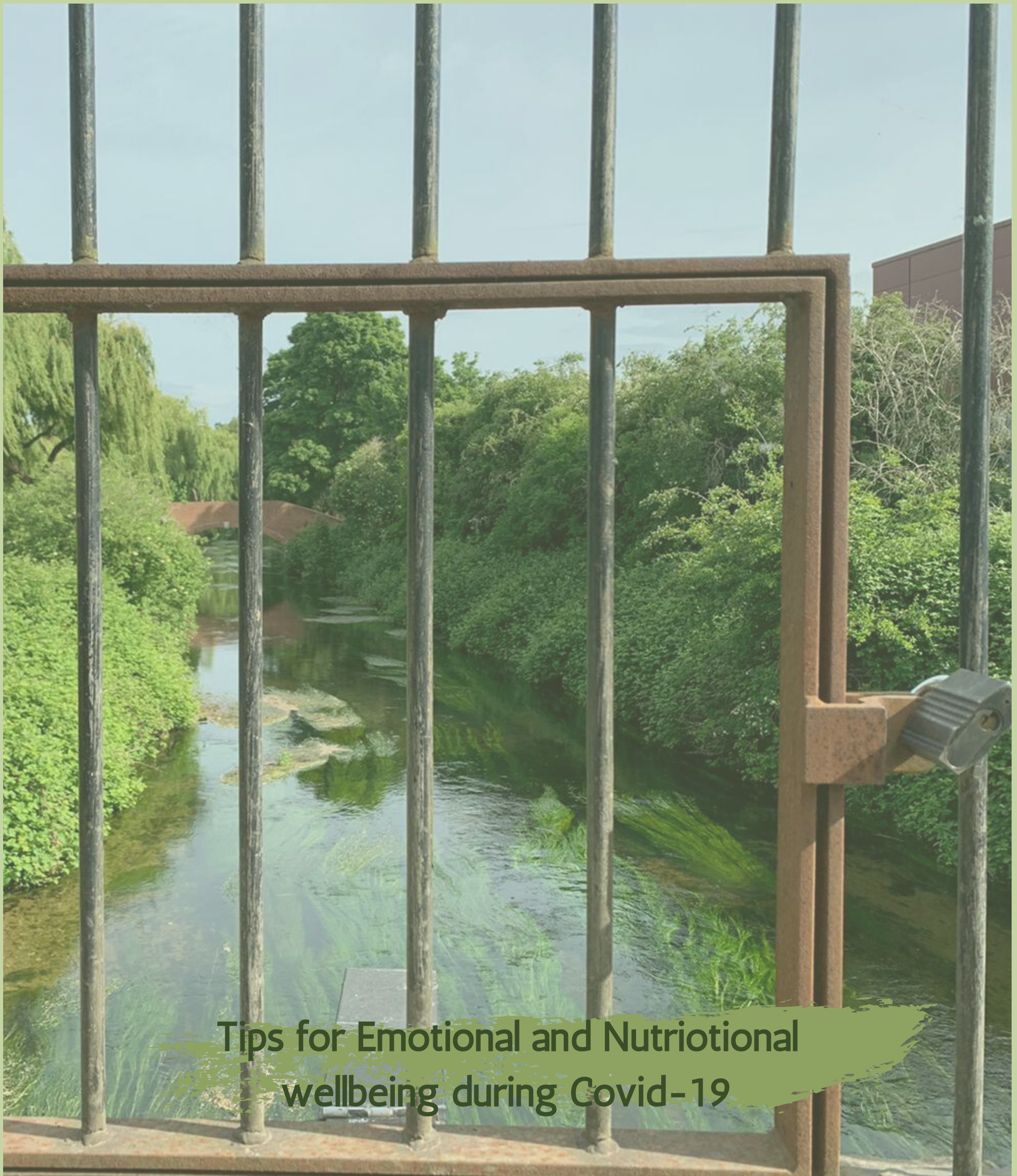


TANYA CROUS

FIND YOUR HEALTHY DURING A PANDEMIC



Tips for Emotional and Nutritional
wellbeing during Covid-19



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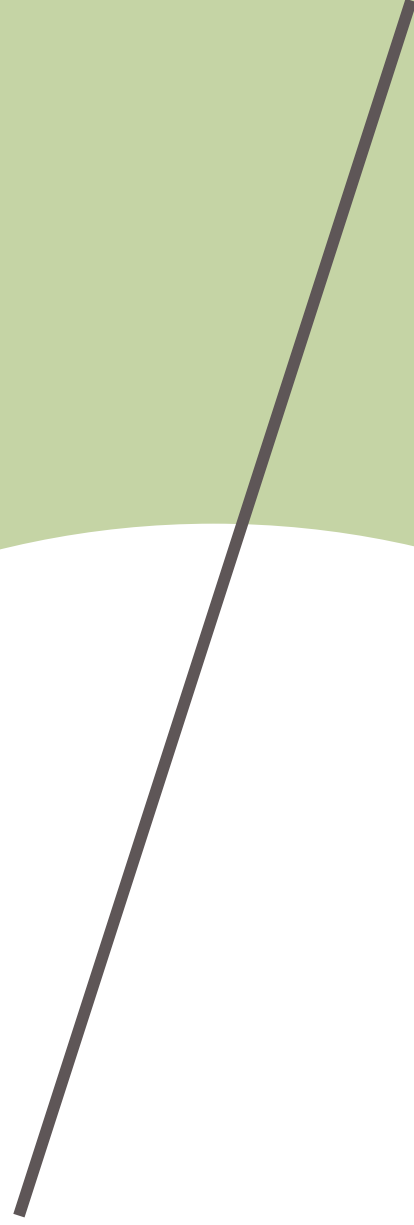
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F O R W A R D

All of the ideas and opinions within this ebook are the opinions of the author and should be interpreted as such. This should not be taken as medical advice and if you need to see a medical professional for any personal concerns please see your nearest health care advisor. By reading further you accept the author is exempt from any harm which befalls any reader of the following article.

This would not be made possible without the help of technology. Please share all over your world in the hope someone's soul is helped.

01



I N T R O D U C T I O N

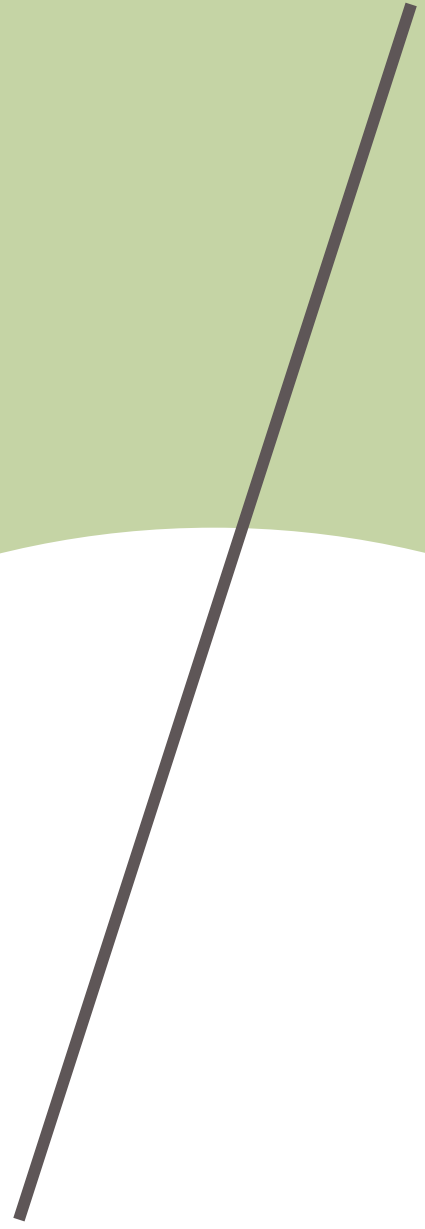
01

The idea to write this book came from a shared blog post on my personal Facebook profile. My friends and I each read the article with a different view. What I took away from the article is what sparked the interest in writing this book. It was about a mom that wanted to share her views about how people were posting all that they could achieve during lockdown. She wanted to pose the idea that just surviving each day deserves the same praise. That just making the bed or feeding the kids was enough. We do not all have to re-do the interior décor of our houses like a professional, or start a new hobby to successfully survive the lockdown.

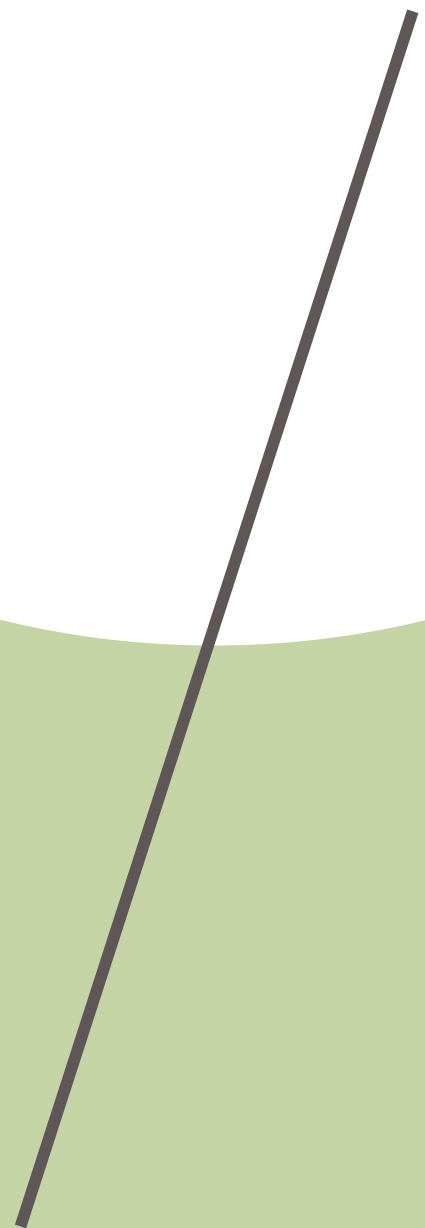
Thriving through the lockdown and surviving through the lockdown are both enough. So following this I chose to write my ideas on the various aspects of life, not focusing only on one item, and how we can positively influence ourselves during a tough and difficult time that the year 2020 has brought. Our mind, our body; our heart, our soul. They all work together to make us who we are, and with an imbalance in one we are weakened. By paying attention to all the interconnections of our selves we can move towards a more confident life. Being happier and more peaceful.

Shine from your face and your words the love and light of yourself outwardly; so we may benefit the people who pass us by.

02



E N D I N G 2 0 1 9



02

The end of 2019 was joyous for everyone, we saw a new decade being born and welcomed a new life, a new future, full of possibilities and positive energies. We poured our hope into another year being another chance of happiness, love, laughter and success.

The unthinkable happened. China began with news of a new flu. A previously unknown type of virus that can attack us humans, supposedly passed on by animals. The jury is still out, months later, on the origins of the virus. We saw countless news reports of people dying of a pneumonia type illness in their houses and the hospitals. Governments all over the world took notice, cautious about the statements to the public. But we were too slow.

On the 23rd of January 2020, the Chinese government decided to completely isolate and quarantine the city of Wuhan, China; where the virus seemed to have originated from. The City had just over 500 positive cases of the virus and only 11 deaths at the start of their quarantine. These numbers pale in comparison to the numbers confirmed around the world at the date of this book. The travel of people living in the Wuhan province took the virus undetected to other provinces in the republic and therefore naturally passed it along via air travel to countries all around the world. Social media erupted, un-informed news reports from unknown sources circulated all over the different social media channels.

A huge burst of conspiracy theories, scare tactics, 'doctors' of non-professional capacity giving out health advice, and a scary amount of racism towards a culture thousands of years old. Scientists from all over China and all over the world battled time and pressure from governments to figure out the virus. They battled rate of infection, incubation periods, symptoms, recovery rate, medical intervention suggestions and cures or vaccinations. And still, with hundreds of medical professionals all working together to try and understand this virus, we are not yet at the stage where we are confident that the medicine can prevent the spread of a deadly virus.

By February 2020, almost every news station around the world was reporting on the Covid-19 virus and the pandemic. The World Health Organisation declared it a global pandemic on the 30th of January 2020. All the countries of the world were on high alert. Travel restrictions began, airlines grinding to a halt and airports slowly emptying. The world became aware that the virus showed no discrimination. No one was safe from infection, every ethnicity, every age and every state of health can be affected with sometimes deadly consequences. The urgency that the governments of the world needed was shown when Italy faced the brunt of the infection of the virus to its population. Hospitals were flooded, there were not enough beds, medicines or medical professionals to

handle the influx of Covid-19 patients to the hospitals. Lockdown! Many airlines all around the world continued to operate, desperate to not let businesses collapse, thus spreading the virus to every corner of the earth. Cases were detected in almost every country. Travel had to stop! Essentially, the world entered into some type of lockdown, quarantine, strict social distancing.

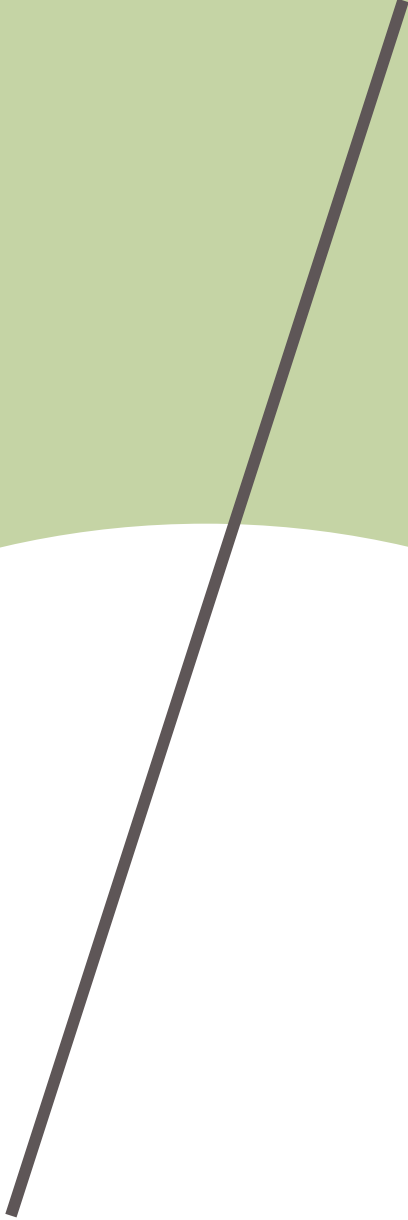
We have spent weeks indoors, not seeing our families, or our friends. Our only human connection through a bright white screen in front of us. Thank goodness for technology. We are connected through social networking behind our little screens. We have an instant connection to the far away cousin or can reach out to the old friend from high school. Why do we still feel so trapped? We video call to see each other once again, hours on end with the help of technology and the internet, we can see smiles and laugh together. Why then are we still so depressed and sad, negative words spread all over as we are trapped indoors?

The complex connection of the world is a blessing, bridging cultures and countries in a modern world fueled toward equality and economic development. Travel is important, for governments and economies, but also for the basic human need of soul searching freedom. We rely on being able to move ourselves to where our heart and head desires. This connection,

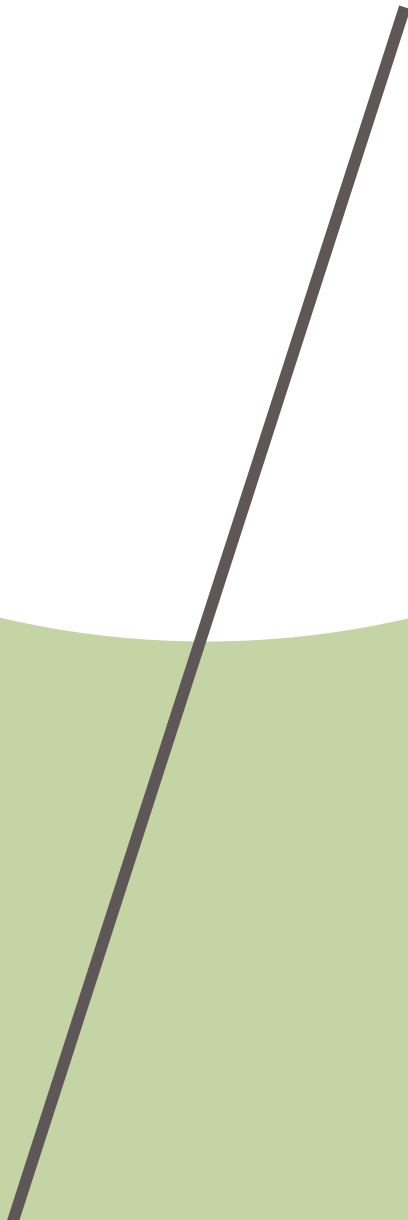
between civilizations and customs has been the epitome of the modern world as we know it. I can write pages and pages on the positive outcomes due to the incredible science and technology that has physically connected us all to each other.

The lockdown is necessary. It is important. Protect our families, friends and strangers from the potentially fatal virus.

03



C O N N E C T I O N



03

We are spoilt. Take away our favourite toy and we will tantrum. Thankfully we are not two year olds and have the ability to understand the importance of the situation.

Our souls have been abused by governments preventing us from our favourite activities. How can we cope? How are we going to survive?

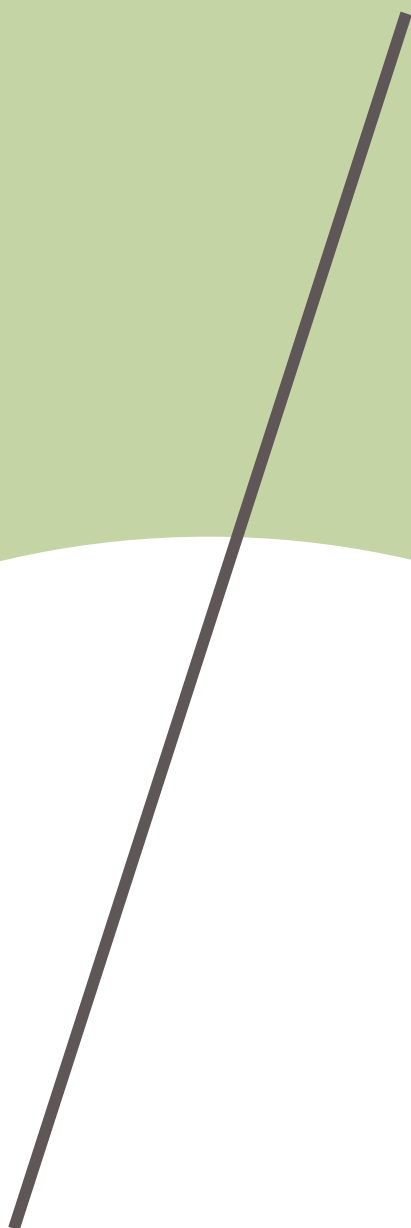
Just as our world is connected through travel, technology, voices and the thirst for knowledge and understanding, so is our body; our soul or spirit, and our physical well-being, our minds and our hearts. Train yourself to survive or thrive through inner and outer reflection of your own being, read through each chapter and apply your learning to your life however you interpret them. Keep self-destructive habits and behaviors out of your mind, and focus solely on the betterment of your own self. If you thrive and reinvent yourself, starting a new hobby and spring cleaning your whole house, then well done I am proud of you. If you survive and get out of bed, brush your hair and eat one vegetable a day but are happy to have moved today, then I am proud of you. Everyone has a starting point, and we all start at a different level. It is our personal level.

This lockdown, this self-quarantine, is not a holiday for most. Everyone is in this together, but absolutely

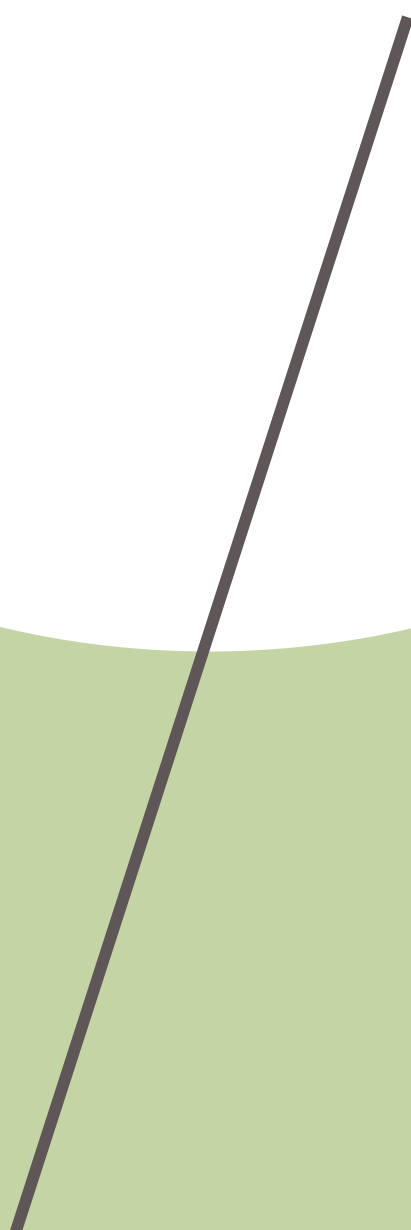
everyone is in this alone. The irony of the situation opens our eyes to the fact that we are all individuals that have our own personal needs, but we share a common foundational need, the need for connection. Take this time to connect to yourself in a way that allows the relationships we have outside the lockdown to thrive with new found love and laughter. We can help others by helping ourselves. Where ever our individual starting levels, making leaps and bounds as we work on our self, or if we just take one step away from a destructive habit then that is progress.

This book is to encourage yourself to look after yourself by doing whatever you deem necessary. Take away whatever you like from this book. As long as you remember, this too shall pass.

04



T H I N K I N G



04

So focused on the greater painting that is our life, we forget that there is a whole process of seemingly insignificant processes that lead to great paintings. Step by step over hours or years, artists pour time and effort into a grand painting, constantly analyzing every stroke of the paint brush. Painstakingly moving across the canvas, choosing colors that contrast and compliment to create a masterpiece of which thousands of tiny little brush strokes all form an incredible respected work of art. A painter will make these brush strokes and color choices with the greater picture in mind. It is not haphazard and random (unless intentional), the final result is premeditated to become a masterpiece. Then shall we create our lives as such? Carefully analyzing our choices in career (or change in career), food, thought, and relationships. Reviewing each aspect of our lives as its impact on the greater picture of our life. Just as a painter will choose the brush and the paint to create a beautiful painting, so should we determine and judge each action on our life in its completeness.

Thinking of what you want out of life can often be overwhelming. Just as some artists start out with a blank canvas and pick up a brush and their favorite color, they splash onto the bright white canvas, creating the start of a journey. They do not know the destination, but as more colors and brushes are applied to the canvas, a picture starts to take form.

Emotions form towards the painting, as the person is moved. Such is our life. Make the first brush stroke, choose your first color, and make the journey of a lifetime.

How do we shift our mind-set to make positive choices? How do we think positively? Shift your thinking towards a situation where every single outcome is desirable. Sit down and take a few minutes to concentrate, either close your eyes or put pen to paper, whichever method works for you, think of your options and think of every single best outcome. Then focus on that. Never mind the cons, never mind the negatives.

Disclaimer: Obviously do not make any actual life changing decisions without actually being aware of the risks.

Take time in your day to decide what to do with your day. Ponder over your first cup of coffee, or as you wash your face for the day. Think positive for your choices in the day. Whether or not you actually achieve any decisions you made in the morning is unnecessary. The act of thinking of positive results can start the shift of your life in the direction of abundance. Do not feel despondent at the end of the day as you lay down to sleep if you did not achieve any on the to-do list for that day. Focus instead on what positive decisions you did make, which perhaps were not on your list in the morning. Tomorrow start again. I think

it is such a blessing that the sun sets and in the morning it rises again. It is a constant reminder that no matter what, we always get another chance.

There are over four thousand different religions in the world. Including non-religion believing people. With so many different forms of belief in an incredible amount of different methods, it is amazing that throughout time, over thousands of years, humans have found there is something more in this world than just ourselves. The desire to connect to something outside of ourselves. Through meditation/prayer or medication (in varying forms) we strive to find a deeper more meaningful connection. Through these connections we are often stripped bare of our 'modern' thinking and allow ourselves to build up from the foundation of ourselves within ourselves. It is an individual journey. It is one person's relationship with himself.

Spirituality and your soul. No matter your religious beliefs, almost everyone believes that we have a soul inside that is touched. Our inner core, our third eye, the force which draws us close to a higher power. Be it by mother earth, God (of your choice) or by nature and the fairies. This deep connection to something greater than ourselves grounds us to our basic human blank canvas. By becoming aware of the deep connection to a higher power, allowing vulnerability and becoming

grateful to a powerful being, you allow yourself to absorb good forces into your life.

These days of uncertainty in the world are a passing by. It is an artist that has splashed a ribbon of paint on our lives. It is up to us to cover up, integrate or embrace this 'imperfection' as it is on our life. Covid-19 is in many ways positive as it is extremely negative. Use your connection to religion, science or non-belief to ground yourself and allow yourself to think in a way that individually is able to help your own self think more assertively in the positive. Acknowledge the situation, allow yourself to feel. Then connect yourself to your core blank canvas once again, picture the most wonderful masterpiece as the biggest picture, and then correct or add to the work of art that is your life.

The connection that we have to be with other people is founded in the beginning of man. Finding a partner and the core importance of family and friends. This is the basics of society. Society is culture, it is civilization. This is what makes us different to a pack of animals. Society brings order and systems by which we humans should act, it brings structure to our day, and meaning. This orderliness, in a way, ensures the survival of our species as humans. This is a complicated connection between family, friends, acquaintances and strangers. We all make up a community, a society. It is important to understand that fundamentally we are all

connected to each other. However you believe the world was started, however you believe the human was made, we all are rooted to one being which evolved and multiplied; and as a result there are billions of us all over the world. Our DNA shared in varying degrees between each other. Our freedom to connect with each other has been compromised. We have been forbidden from any networking with our society. This fundamentally has a chance to disrupt the stability of our society. Thankfully the incredible knowledge of science has allowed technology of the twenty-first century to thrive and our society on a global level has the opportunity to re-connect on a new age level. Allow yourself to rely on this new connection for now. Understand and appreciate the technology and how it can still serve a purpose. Although not quite at the depth as our core-self desires. Remember this is but a spatter on the canvas of our lives and it too shall pass.

“An intelligent person can rationalize anything, a wise person doesn't try.”

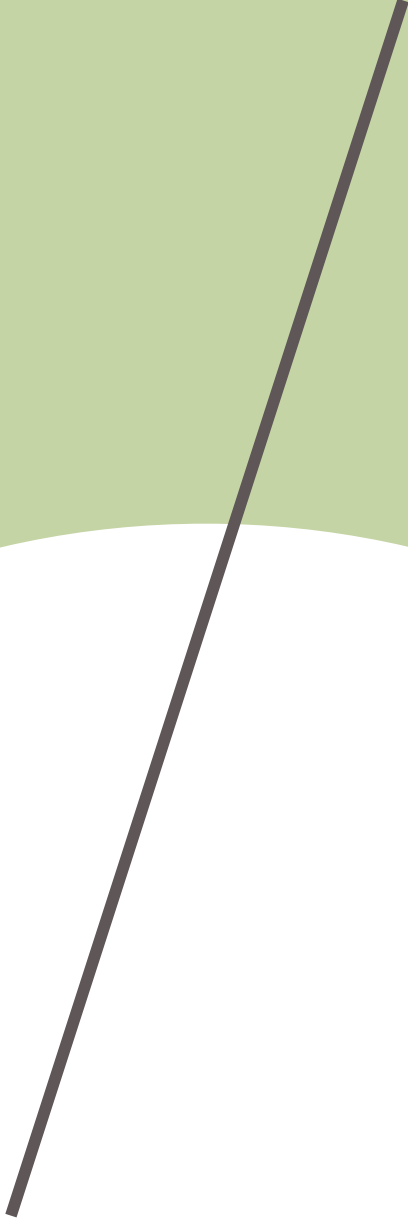
— Jen Knox, *The Glass City*

A completely accurate definition of the act of addiction is unknown. There are several "levels" to the severity of various types of addiction. From mild to severe and hundreds in-between. This also varies day

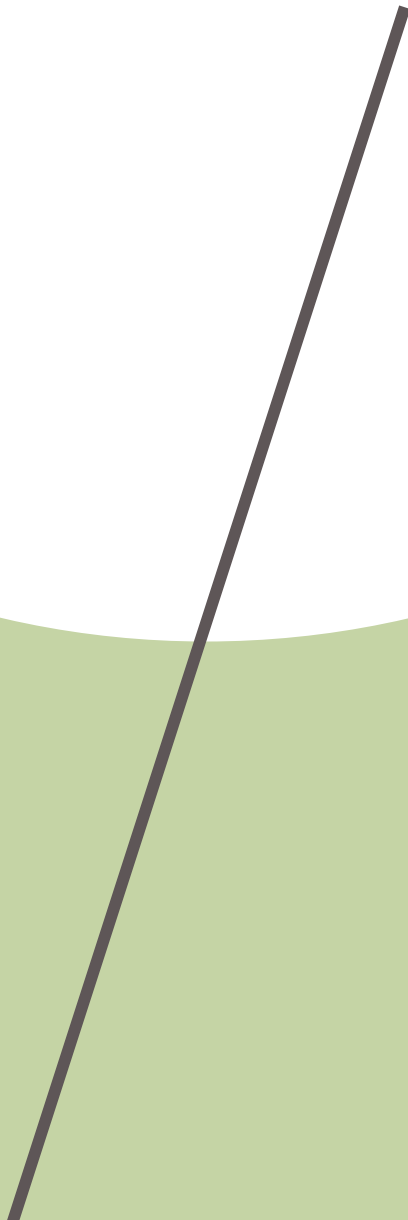
to day and hour to hour within the individual which is battling addiction. An individual may be wrestling several addictions to varying substances, emotions and thoughts. My advice is to follow the guidelines of qualified therapists to gain control. It is an ongoing process, and consistent intentions will steer you in the direction you need to become a happier and healthier individual. Another amazing technology advancement is the security of our individual identities, which allows anonymously reaching out for help through the internet a possibility. Reach out.

Be awoken by your inner self and the connection it needs to a higher, more powerful being. Embrace the force/s that bring power and peace to your inner core. Focus on your own painting, be aware of your masterpiece and how each and every tiny little situation can contribute or can be covered up by your brush strokes to create your life. Remember that this situation will be over, however long it may take, and your relationships will thrive once again, perhaps even more as you have worked on your own self. Never, ever feel inferior in your quest to help and better yourself. The strongest people ask for help when they need it.

05



E A T I N G &
D R I N K I N G



05

Scientists argue all over the world all the time over the effects of certain foods on the body as a whole. The truth being is science still does not understand the complicated nature that is our body and its reaction to the food and substances we ingest.

The body is a complicated network of nerves, blood vessels and a lymphatic system that spans kilometres in surface area. The reactions of different types of cells to the nutrients we eat and digest. The effect of the brain and the thinking on the digestion process and how the presence of billions of bacteria in the small intestine can influence the digestion process and the health of neighbouring cells. Never mind the ability for the body to heal its own cells. This is the miracle of the human body, interesting and sophisticated. And to top it all off; every single individual is different. How is that for perplexing?

Certain persons around the world are making claims that certain foods can increase your immune health so that you are better suited to fight Covid-19. This may be true. Bare with me. There are generations of people from all cultures all around the world that has found a correlation between certain foods and spices and the ability to combat illness and disease. Some of these are true because there have been multiple research studies by the scientific community to isolate the effective properties of the substance and its effects on the body

and health effects. The biggest note I would like to put forward here is the existence of covid-19 only came into knowledge at the end of 2019. There have been very few scientific studies on the effectiveness of certain natural remedies on fighting Covid-19. I would urge anyone trying to fight Covid-19 to seek methods that have been proven, such as the need for hospitalization and medical intervention as directed by a health care professional. The world as a community does not know how Covid-19 will run its course. Let the scientists and research community find the prevention or cure.

So how can we keep ourselves healthy? Acknowledge any bad habits. Any daily activities that cause a negative effect on your lives. These could be thoughts, eating patterns or drinking soda drinks. These hinder our positive thoughts and our good choices. Consciously choose to notice your habits and choose to change to habits that better serve your happiness. The biggest choice you can make is to be kind to yourself. When you choose to eat or think negatively, remember your humanity and then be aware and be conscious, be kind, forgive, and move on to better positives. Think every day of the rainbow, choose a variety of colors in your foods. Each group of the colors through foods have a higher concentration of a certain type of vitamin/mineral. By adding a variety of colors of foods you introduce all the nutrients your body needs to thrive in health.

Red Pepper/Capsicum Chillis Tomatoes Beetroot Raspberries Strawberries Cherries Cranberries Pomegranate Red Apples Watermelon Red onion Radish Red Grapes Dragon Fruit Lentils Red Kidney Beans Guava Prickily Pear	Orange & Yellow Squash Pumpkin Carrots Yellow/Orange Capsicum Papaya Citrus (orange, lemon grapefruit etc.) Peach/Nectarine/Apricot Gooseberry Persimon Mango Melon Orange Sweet Potato Passion Fruit Corn Banana Turmeric Root	Green Spinach/Kale Lettuces Zuchinni/Baby Marrow Apples & Pears Broccoli Peas Green/French Beans Cucumber Celery Herbs Kiwi Limes Okra Avocado Asparagus Artichokes Cabbage Grapes Melon Star Fruit Tomatillos Olives	Blue & Purple Blueberries Mulberries Blackberries Purple Cabbage Aubergine/Brinjal/Eggplant Plums Figs Black Grapes Prunes/Dates Raisins Black Beans Calmata Olives	White Cauliflower Onion Garlic Cabbage Litchie Rambutan Potatoes White Beans (Chickpeas, Haricot etc) Leeks/Spring Onion Ginger Root
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There is a risk of feeling down and depressed when we are forced to stay indoors. Not only is this attributed to the feeling of imprisonment and forced isolation, but several physiological things happen when we step out into the sunshine. The body's largest organ is the skin. It covers our entire body and has various functions. Together with a barrier and protection from the harm of the outside world, the skin is able to facilitate and help the creation of Vitamin D in our bodies. There are several types of hormones in the human body which all work in a variety of ways; testosterone in reproductive health, insulin in blood sugar control, or oxytocin the love hormone. Vitamin D is used in the body as a hormone. Hormones all play together and against each other to create a balance so as to regulate all the processes in the body and brain. Vitamin D has also been suggested as part of mechanisms to a healthy immune system which can help fight of some illnesses. Its main role is to help

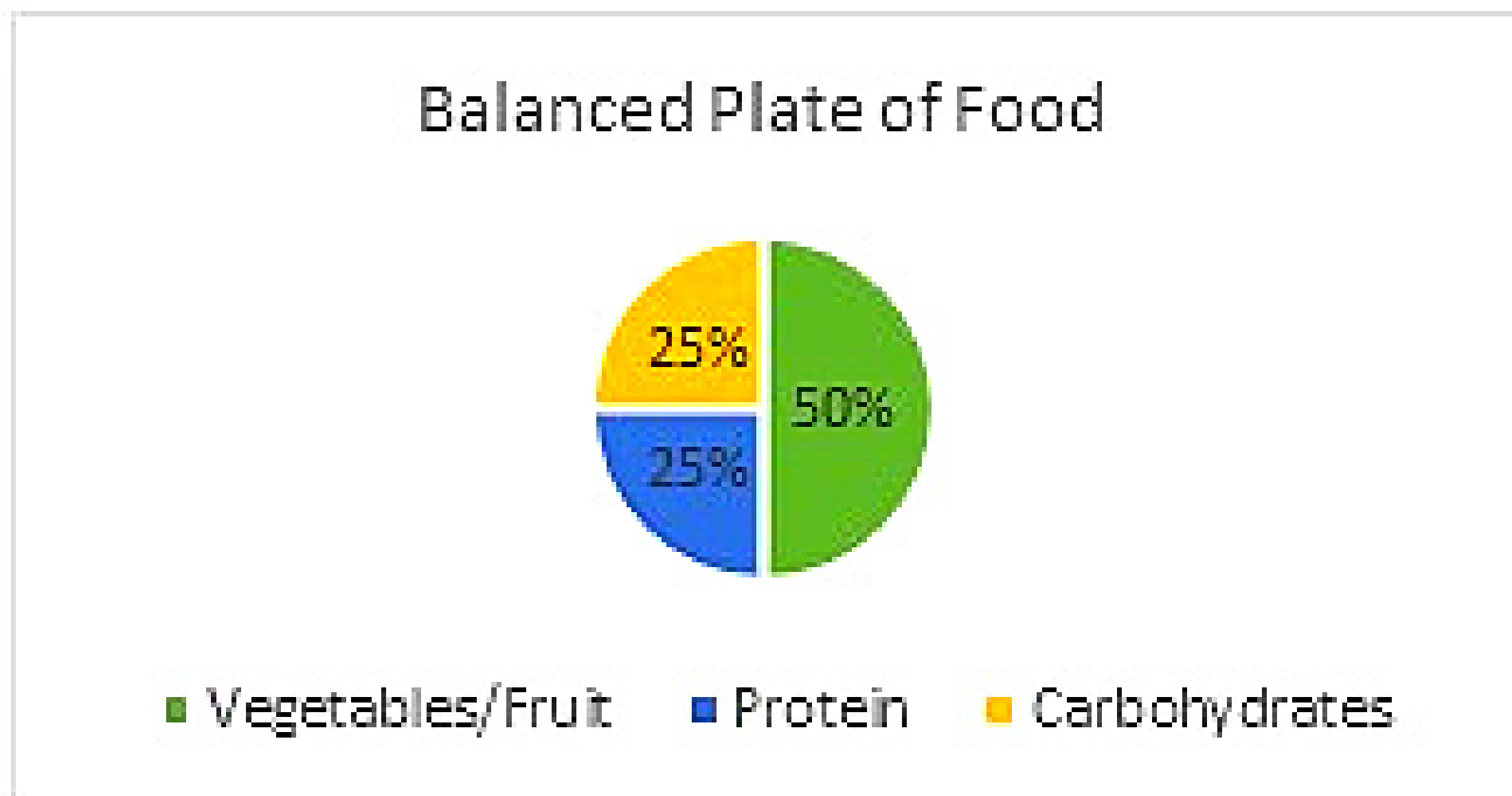
calcium keep bones healthy; like many vitamins and minerals that work together to uplift and encourage the better use of the other. For example, Vitamin C helps the body better absorb dietary iron during digestion. There has been some research into the effect that sufficient amounts of vitamin D in the body can contribute to fighting depression, though the pathways are not exactly understood. In my opinion it is the presence of the balance of hormones in the body creating a situation of homeostasis which helps the feeling of happiness. Only 10 minutes on a small amount of skin per day (for example the hand) can give you enough Vitamin D per day. More exposure to the sun will not increase the amount of Vitamin D your body produces, the body only makes what it needs for that time and cannot store excess to the body's requirements. Extended time in the sun can be harmful to you by the effects of UV exposure.

The most common argument I get when I talk to an unhealthy individual about eating healthy is well we are all going to die anyway. Sickness affects everyone no matter their one hundred per cent healthy eating strategy. Yes, that is completely true. However, how do you feel today? Do you struggle up a flight of stairs but you want to hike up a hill and enjoy the beauty of the sunset below? Do you wish to sit down on the floor with your two-year-old grandchild and enjoy their laughter and giggles when they climb

over you? Do you wish you could laugh long into the night surrounded by happy friends? This is the reason to eat healthy. To enjoy life IN THE RIGHT NOW. So that whenever your time on earth has come to an end, weather it is in five months or fifty years ahead, you have lived your best most happy life.

There are certain nutrients that scientists have proven to be essential to the health of our body. These nutrients may differ slightly from person to person but they are definitely important. Protein, fats, carbohydrates, vitamins and minerals. A number of calories has also been established to be important for energy for the body's natural daily processes as well as the energy to do more than sedentary activities. The average to be 1800 calories per day, influenced by your existing weight, your gender, your activity level and your current health.

Governments, dietitians and nutritionists work together to come up with recommended diet suggestions which are generalized to suit the populations. These guidelines should be followed, and with the help of these professionals, certain adjustments can be made individually to suit the needs of the unique person. A balanced diet of 3 meals per day, with or without a snack in between for a healthy adult. Drink two litres of clean water per day. Limit sugar, sugary drinks and fatty junk food. Eat five portions of fruit and vegetables per day.

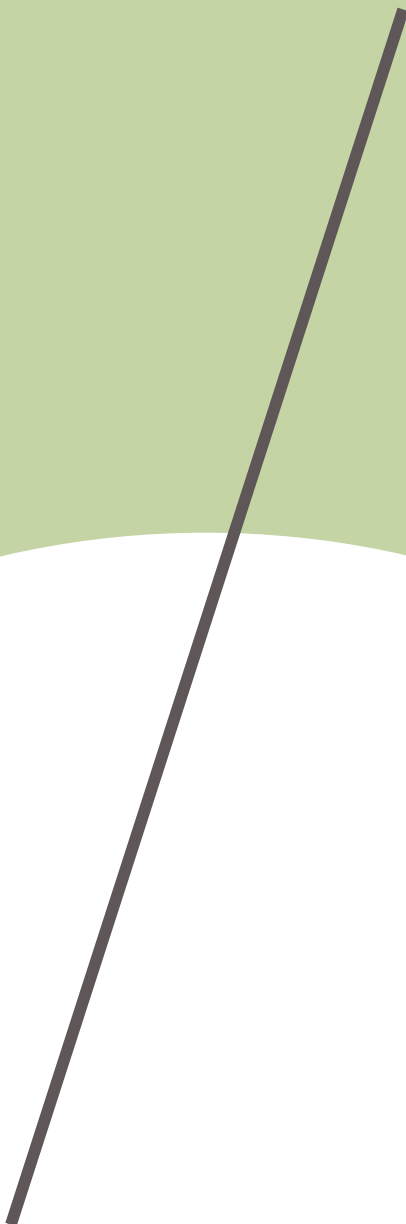


Water is the most underrated 'nutrient' in the body. Hydration of the tissues, fluids and muscles are the most important to regulate homeostasis. This is the balance of everything in the body. Electrolytes, digestion, acid/alkalinity within the body are extremely important, just the slight variance in any level of any of the body's regulators can result in illness and sickness. The importance to remain in complete balance with the body's internal workings is imperative to better health. Water is the ultimate contributor to the homeostasis of the body. Together with a good balanced diet of carbohydrates, fats, proteins and micro nutrients (vitamins and minerals), good hydration helps keep our body healthy.

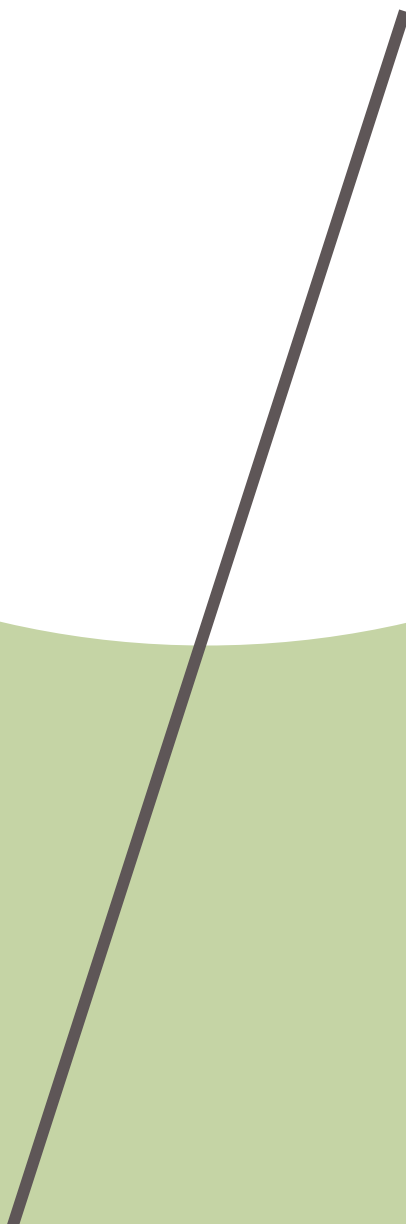
All the food and drink we consume can be addressed within our homes. We can address our relationship with food while in lockdown and then make any

changes we can. Even if it is to come out of lockdown realising the bad habits we have and becoming aware of the choices we sometimes make. To change from a state of mindless eating to a stage of awareness, or intuitive eating. Small changes every day can lead to large changes over time. Make the first step forward towards a state of a balanced and happy body.

06



M O V I N G



06

Exercise. What is its importance? Why are we constantly told to move? The body was not made to sit and do nothing. Hundreds of years have shown the importance of moving our bodies and how it can contribute to a healthier way of living. But how much movement is enough. In my opinion, any amount will contribute to your health and will increase as you increase your movement, up to a point, and you can live at your optimum health.

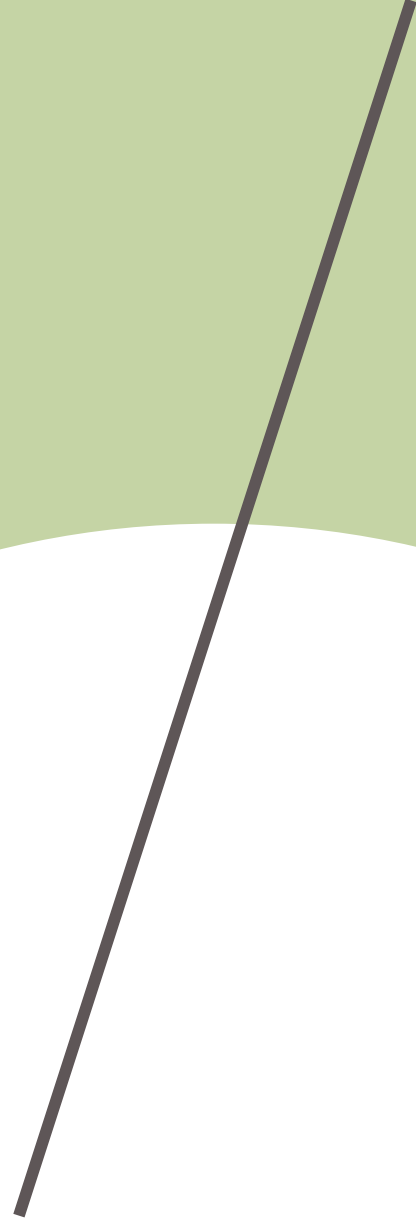
There are thousands of research articles, covering millions of people all around the world on the effect of exercise on the health of individuals. Some of these research articles cover the correlation of exercise and mental health. One study concluded that regular exercise reduced the amount of bad mental health days during a month by almost fifty percent. The fact is that the act of exercising (in any form) stimulates the excretion of the hormone serotonin. This hormone is responsible for the feeling of euphoria and happiness. Over time the body becomes more efficient on the use of serotonin together with the consistent movement of the body. Consistent workouts contribute to improved memory, this is beneficial to all age groups, improving thinking skills and general brain health. Another way of looking at it; contributing to the awareness of making better healthy eating choices.

The health benefits of even a small amount of exercise can be felt after consistently getting out and moving

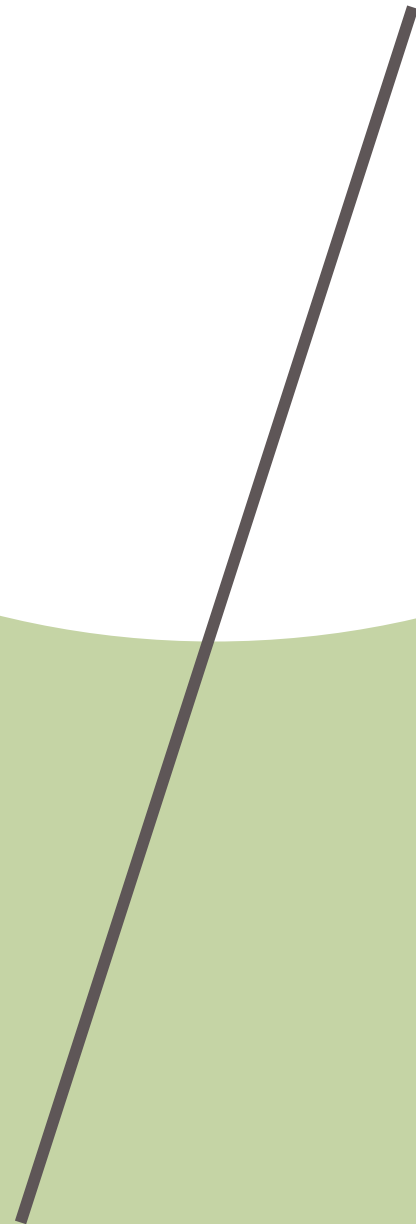
your body. Brain health, heart health and general body health is important to maintain and exercise can help contribute to the overall health of your life. Choose today to find a way to move which can help you enjoy your life and feel better. Weather it is yoga, walking, weightlifting or Pilates; every form of exercise can bring happiness and health to your life.

By choosing one form of exercise during a pandemic where we are forced to stay inside can be difficult. For those of us who choose a workout which relies on other people such as a weightlifting session in the gym, or a Zumba class can find it difficult to find the motivation to keep moving when stuck at home. Perhaps this is a chance to work on other skills which we can do alone at home such as the practice of yoga. Or take your online Zumba workout. A fun and expressive exercise is to put on your favourite fast paced music really loud (or through your earphones) and dance it out, for however long you need. Moving your body is not only for the health of your physical self, it is so much more the happiness of your soul, your emotional wellbeing.

07



C O N C L U S I O N



07

The heart is the centre of our being. It holds the emotions and the feelings towards any manifestation in our lives. The brain is the powerhouse, the thinker, the choice maker. The heart and the brain control our life and without each other we cease to exist. Two organs working together to bring harmony and balance to our soul. By focusing on the health of both of these important parts of our life we then become a part of a community of peace and happiness. We are in a position to make the brush strokes which paint our lives and create the masterpiece of it all.

Our bodies, souls and lives are all interconnected by highways and rivers all over, like a complicated web of feelings and emotions. On the greater scale by networks of family, friends and work connections; and the millions of network lines of veins and nerves that make up our physical self. Sickness or the feeling of being unwell can be contributed to the imbalance of one or more of these complicated connections. It may seem impossible to balance and keep track of all the possible problems we have on a grand scale, but by following the simple ideas above, we can find some kind of harmony between our internal and external associations.

During this time of uncertainty in the world, take the time to focus on your internal network and then work on your external relationships. Breaking connections where you need to, habits that do not serve your happiness; or reconnecting to people who bring better

happiness to your life. This time of lockdown has slowed down our fast paced life and has given us an opportunity to re-evaluate our lives in all its interconnectedness and pin point areas we need to adjust to live a happier, healthier life.



REFERENCES &
CONTACT
DETAILS



When Wuhan's lockdown began and how long it lasted

More than a fifth of the world's population is now on lockdown fighting coronavirus. But the seed of this crisis is believed to have been sown in Wuhan, a city in central China, last...

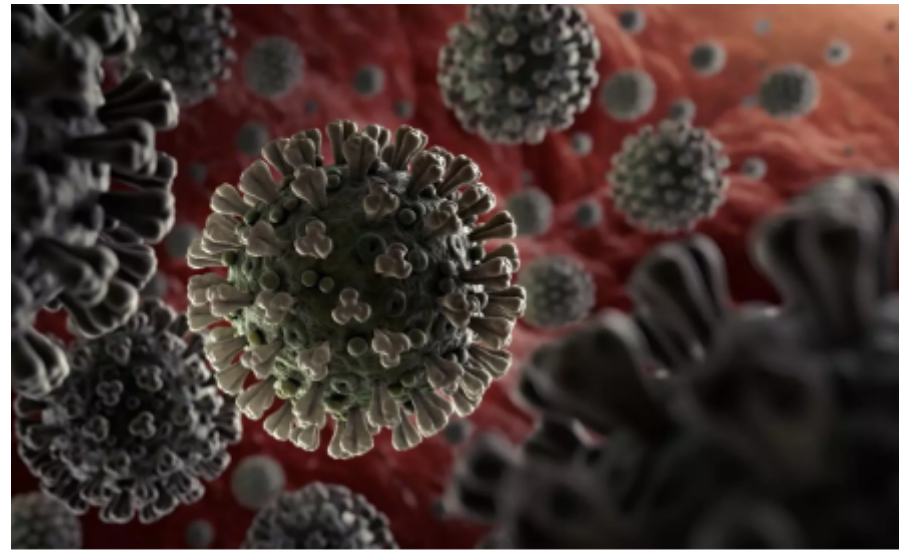
... the seed of this crisis is believed to have been sown in Wuhan, a city in central China, last...



What are the most widely practiced religions of the world?

Big believers

... the most widely practiced religions of the world?



Coronavirus

Information on COVID-19, the infectious disease caused by the most recently discovered coronavirus.

[who.int](https://www.who.int)



Regular exercise changes the brain to improve memory, thinking skills

Regular exercise changes the brain in ways to improve memory and thinking skills, according to new research from the University of British Columbia.

Harvard Health Blog / Heidi Godman / Apr 9, 2014

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